



FOR BILL



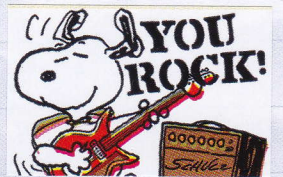
Bill, CPT, Certified Personal Trainer
to the Stars,
Exercise with Bill helps us to
Energize, revitalize.

Bill's enthusiasm and humor
Encourages and inspires us.
His classes are definitely A-Plus-Plus (A++)
Bill promotes Positivity.
Healthy mentality + physical activity = Mobility

We are not the over-the-hill
or down-hill gang.
We, Seniors, Know the drill.

Exercise to the 50's and 60's beat,
Move those feet.

Raise your arms up and down,
to the sounds of Motown.



Lift those weights
"Hold and hold."
Do not hesitate, be bold.

We are moving our muscles
from head to toe.

Remember to breathe, just take it easy.
No pressure, go slow.



FOLKS from all over work out with BILL.
East to West
North to South,
Bill is the best.

A quote from Bill,
"Exercise is called a workout for a reason,
If it was fun they'd call it 'Bingo'."

We feel young, Not old.
Bill, Mahalo
You have a  of GOLD.

Bill, Teacher ~ Sensei,
You brighten our day.

--- Susie K
April 30, 2015